



PACKING LIST

Before you pack, please contact the airlines you are flying to review the current flight restrictions and check the weather report for the week for Washington, DC.

Important Medical Information:

- ☐ Bring a copy of all non-VA medical records including lab tests, images and reports
- ☐ Bring enough medication to cover your travel days. (once admitted to the WRIISC, we ask that you either have a loved one keep your medication while you are at WRIISC or one of our staff will secure it for you for the duration of your stay).
- ☐ List of all medications that you currently take, including over the counter medications.

For your comfort while at the hospital:

- ☐ Penlight or small flashlight

Clothing:

- ☐ Comfortable casual clothing that can be layered for warm or cool weather
- ☐ Comfortable shoes
- ☐ Sweatshirt/Jacket
- ☐ Socks/Underwear
- ☐ Pajamas/slippers/robe
- ☐ Shower shoes

Toiletries:

- ☐ Dental kit, Shaving kit
- ☐ Shampoo/conditioner (remember, if you carry these items on a plane, they must be in 3 oz containers)
- ☐ Brush/comb

Optional:

- ☐ Writing materials/books/games (for the evenings and time between appointments)
- ☐ Ear plugs/sleep mask
- ☐ Food/snacks
- ☐ Sunscreen/sunglasses
- ☐ Lip balm
- ☐ Cap
- ☐ Cell phone
- ☐ Small amounts of change for snacks



Please Do Not Bring Any of the Following:

- ☐ No Valuables
- ☐ No Alcoholic Beverages
- ☐ No Narcotics or Illicit Substances
- ☐ No Pornographic Materials
- ☐ No Weapons